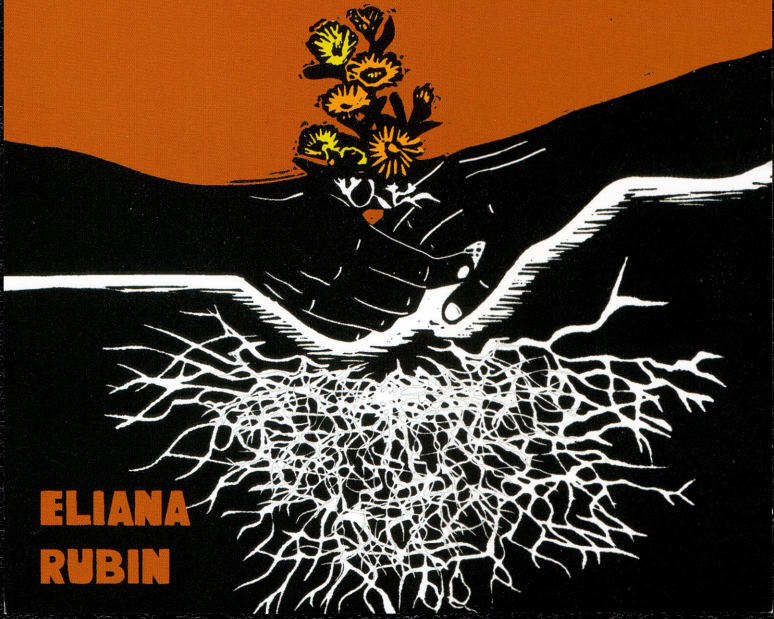
TAKING THE STATE OUT OF THE BODY

A Guide to Embodied Resistance to Zionism



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A Guide to Embodied Resistance to Zionism

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Taking the State Out of the Body is a guidebook in deconstructing nationalism through trauma-informed praxis. Embedded in the political theory and practice of Jewish anti-Zionism, readers from all backgrounds are invited to build an embodied sense of safety that has the power to make militarized borders, policing, and nation-states obsolete. We need the resources offered in this book: from understanding geopolitical impacts of intergenerational trauma, to self-regulation in conflict, to transformative approaches to harm, to cultivating long-haul relationships, to building solidarity across our movements.

The framework for *Taking the State Out of the Body* is situated in the lineages of healing justice and politicized healers including many anti-fascist Ashkenazi Jewish practitioners in 1930s Europe. Today, as the terms "somatics" and "trauma" have been mainstreamed, this book is a timely offer to move from individual awareness to collective action. Weaving anti-imperialist orientations to historical events with embodiment theory, each chapter opens with a connection to a plant or body part and closes with a guide to practices that fuel resistance and resilience. At a time where colonial imperialism in the US and Palestine are rearing their heads and right-wing authoritarianism is on the rise globally, this book will equip you with the tools you need to move from rugged individualist models of self-help/preservation to liberatory frameworks of collective care and joint struggle.

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